



Novato Village

Empowering older adults to remain active, connected,
and independent in the place they call home

May 2022 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

The month of May has many holidays: May Day, Cinco de Mayo, Mother's Day, Memorial Day... Celebrate and acknowledge them.



Monthly quote:

"If civilization is to survive, we must cultivate the science of human relationships—the ability of all peoples of all kinds, to live together in the same world at peace."

Franklin D. Roosevelt

This quote is part of the last speech President Franklin Delano Roosevelt addressed to the American people in 1945. If you would like to read the entire speech, this link will take you to the Library of Congress: <https://www.loc.gov/resource/rbpe.24204300/?st=text>

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Sandy Kelemen, Tom and Karen Marx, Kate Bornstein

Volunteers: Don Meyer, Beverly Roberts

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

NOVATO VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Here's the May 2022 calendar of Novato Village activities... details in this newsletter!

Thursday, May 5, 9:30am – Novato Village Walkers at the Bel Marin Keys levee

Tuesday, May 10, 1:00pm – Book Lovers' Group at Lorna Cunkle's home

Thursday, May 12, 1:30pm – CoffeeTea&Chat, Creekside Bakery, 1719 Grant Ave

Wednesday, May 18, noon – lunch at 19th Hole Bar & Grill at Indian Valley Golf Course, 3035 Novato Blvd.

Saturday, May 21 – Village Viewers Movie Group, time & location TBA

Tuesday, May 24, 10:30am – Novato Village Steering Committee & Program Committee

Wednesday, May 25, 4:00pm – Happy Hour at 325 Ignacio Valley Circle, Novato

Thursday, June 9, 10:30am – Bouquets to Arts at the de Young Museum (but RSVP by 5/3!)

Food & Drink

CoffeeTea&Chat

Thursday, May 12, 1:30pm

Creekside Bakery, 1719 Grant Ave, Novato

Drop in to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is **not** required. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. For more information, contact Marge Jackson at (415) 892-1238 or marge-32@hotmail.com.

**Planning ahead – in June, there will be a one-time-only date change for CoffeeTea&Chat, to Tuesday, June 7, Rustic Bakery, 1:30pm.*

Lunch at 19th Hole Bar & Grill at Indian Valley Golf Course

Wednesday, May 18, noon – 2:00pm

3035 Novato Blvd., Novato



Enjoy the casual atmosphere, delicious food, and a place to relax at the **19th Hole Bar & Grill at Indian Valley Golf Course**. Indoor and outdoor dining offer beautiful views of Stafford Lake and the golf course. Use this link to see the menu:

https://www.indianvalleygolfclub.com/images/documents/Menu_2018.pdf

Please RSVP by Monday, May 16 so we can tell the restaurant how many guests we'll have for seating. **RSVP:** email Joanne Keenan at jkeenan@pacbell.net or call (415) 883-5729. Joanne does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.



Beso Bistro was a popular lunch location in April.

Happy Hour – be our guest!

Wednesday, May 25, 4:00 – 6:00pm

NEW location: 325 Ignacio Valley Circle, Novato

Be our guest! Happy Hour will be held at a new location: **325 Ignacio Valley Circle in Novato**. Novato Village will provide wine as well as cheese and crackers as we socialize in a different setting. There will be no charge for members and volunteers. The time is the same as usual, from 4:00 to 6:00pm.

If you are able to attend, **please RSVP** by email to Linda Henderson: linda_h@peak.org or by phone to Marge Jackson at (415) 706-6106.



We enjoyed Happy Hour at CRAVE in April. BJ, from the Marin Villages office, brought everyone a QuickVue At-Home COVID-19 Test from the County of Marin. Thanks, BJ!

Education & Presentations

Visit the 38th annual Bouquets to Arts 2022

RSVP by **Tuesday, May 3** for Thursday, June 9, 10:30am
The de Young Museum, San Francisco Golden Gate Park



The annual display of artwork-inspired floral installations will be back at the de Young Museum in San Francisco. If you wish to join the group, please respond to Pat Bailey at Pbailey49@aol.com or leave a message at (415) 652-9073 by **Tuesday, May 3**. Tickets cost \$32.00 for seniors. We will plan to carpool, leaving Marin at 10:30am. Details for the carpool meeting location will be shared with those who RSVP. Individuals can drive to the event and meet us there as an alternative. Please refer to the website for ticket information <https://deyoung.famsf.org/bouquets-to-art>. If you are a member of the Fine Arts Museums of San Francisco, you can get in for no additional cost, as well as take one guest.

Exercise

Novato Village Walkers – meet us at the Bel Marin Keys levee

Thursday, May 5, 9:30 – 11:00am

Take Ignacio exit off Hwy 101. Go east on Bel Marin Blvd. Continue past all commercial buildings and pass the pond on the right side. Just past the “Bel Marin Keys” sign on the right there is a small dirt road (on the right). Park on either side of this road. Meet at 9:30am and we will walk on wide, flat dirt-packed trail for 1 to 1 1/2 hours (out & back). It may be warm and no shade so bring water & possibly a hat. Call or text Pat Bailey (415) 652-9073 to confirm you will join us. Look forward to seeing you.

Books

Book Lovers Group

Tuesday, May 10, 1:00pm
Lorna Cunkle's home

Novato Village **Book Lovers Group** will meet at Lorna Cunkle's home this month. Directions will be sent to members during the week before the meeting. We will be discussing *A Woman of No Importance* by Sonia Purnell. In June, we will be reading *The Namesake* by Jhumpa Lahiri. For questions please call the facilitator, Diana Shima, at (415) 895-1353.

Groups

Village Viewers Movie Group

Saturday, May 21 – time and location to be announced

In April, we saw *Coda*, starring Emilia Jones, Troy Kotsur, Marlee Matlin, and Daniel Durant. It was easy to see why this won best picture at the 2022 Oscars. Most of us came out crying. It tells the story of a child of deaf parents and the trials and tribulations of going through that experience. If you watch it, make sure you have plenty of tissues; it is extremely moving. We highly recommend seeing CODA on the big screen. The May movie will be followed by lunch or early dinner. The movie, time, and location will be announced the Wednesday prior to the event by email. Hope to see you there. Contact Joanne Lang, with questions or movie suggestions at (916) 716-5800 or email jlantpa@gmail.com.

Village Business

Novato Village Steering Committee & Program Committee

Tuesday, May 24, 10:30am

Beth Livoti's home

Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for more information and the address.

OTHER MARIN VILLAGES EVENTS

Health & Fitness for Life!

Tuesday, May 3, 11:00am – noon

Zoom



Join Taylor Lewis and fellow Marin Villages members to learn ways to optimize your physical activity to feel better, move with fewer restrictions, and improve your quality of life. This discussion will give you insight into the foundations of strength, endurance, and flexibility. While regular physical activity and exercise should be customized based on the individual and their unique abilities and goals, you will get exercise strategies to consider that you can implement within the comfort of your own home or in your local gym. Taylor is a San Rafael-based personal trainer and doctoral candidate specializing in health and human performance for older adults. To register, use this link: <https://marin.helpfulvillage.com/events/4230>

Not Home Alone Early Mothers and Others Day Dinner

Sunday, May 8, 2:00 – 4:00pm

Pacific Catch, Corte Madera Town Center



All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Marin Villagers for an early Mother's and Others Day dinner. Please **bring cash** for your meal. All attendees must be COVID vaccinated and boosted, and masks are required. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride. (415) 457-4633

COMMUNITY EVENTS

The Challenges of Caring for Aging Parents: An Interview with Dave Iverson

Friday, May 6, 11:00am

Online interview—registration info below



A loving son's story of his ten-year caregiver journey. Join us for an interview with Dave Iverson, author of *Winter Stars*. Dave Iverson had just been diagnosed with Parkinson's disease when he became the caretaker for his 93-year-old mother, who suffered from dementia. Iverson will discuss the universal challenges adult children face while caring for their aging parents. His insight into the financial, physical, and emotional struggles of caring for his mother until her death will resonate with family caregivers everywhere.

Registration link: <https://www.eventbrite.com/e/the-challenges-of-caring-for-aging-parents-an-interview-with-dave-iverson-tickets-314903744577>

Marin County Commission on Aging Forum: On the Road to 100! Meeting the Challenges of Longevity

Thursday, May 26, 10:00am – 2:00pm

The Key Room, Homeward Bound, 1385 North Hamilton Parkway, Novato

**Lunch provided by the chefs at the Fresh Starts Culinary Academy.*

Aging is changing and it is changing California. By 2030, one quarter of the state's population, 10.8 million Californians, will be older adults. The policies and investments we make today determine our future no matter where we are along the continuum of aging. Healthcare is not paying for the cost of aging and housing models have not kept up. Older adults are running out of money in their 60s and 70s and living to their 80s and 90s. Join us and help create a future that realizes the potential of living longer for generations to come.

This is an in-person event and proof of vaccination is required. Register and purchase tickets here:

<https://www.eventbrite.com/e/on-the-road-to-100-meeting-the-challenges-of-longevity-tickets-327414123457>

If you need a scholarship, please call (415) 987-7023.

NOVATO VILLAGE ANNOUNCEMENTS

The Soroptimist OWLS Club update – partnering with Novato Village: Opportunities for Women in Leadership and Service, Sponsored by Soroptimists International of Novato

The young women have been mentoring girls of the Novato Girl Scouts on how to make paper flowers to celebrate springtime. Working in several locations, in large and small groups, they will make flowers to share with you, Novato Village members. Look forward to celebrating spring with these lovely flowers—delivered to you in the first week of May!



OWLS and Novato Villagers team up to create flowers for you—coming soon!

AND MORE...

Members of the Novato Village Steering Committee attended a Novato Chamber of Commerce event in April and distributed information about Novato Village. Spreading the word...



Have some time to volunteer for our village, or know someone who does?

The Marin Villages office is doing a heroic job of matching increasing member requests to volunteers skills and availability, but could use more volunteers! If you are already a volunteer, BJ, Matt and Karin would be delighted to help match you up with the right assignments. If you or a friend are not yet a volunteer, but have a few hours a month, they would love to hear from you. They have many types of assignments, from friendly phone calls to dog walks and more. We hope you will give them a call at (415) 457-4633. Thank you!

HELP US HELP OTHERS

If you know someone who could use our services or is interested in volunteering with an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marin-villages---donate> to contribute.

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